

35th Annual
ART & SCIENCE
of Health Promotion Conference

March 31-April 4, 2025

DoubleTree Resort by Hilton Hotel Paradise Valley
Scottsdale, Arizona



INTENSIVE TRAINING SEMINAR

2025 Art & Science of Health Promotion Conference—A Two-Day Preconference Event



Evidence-Based and Practical Strategies for Addressing Burnout and Isolation at Work

INTENSIVE TRAINING SEMINAR INSTRUCTOR



KAREN LANE, LCSW

*Clinical Social Worker
Life Ideals*

**Monday, March 31, 2025-Tuesday, April 1, 2025
9:00 a.m.-5:00 p.m.**

This interactive seminar addresses the critical issues of loneliness and burnout in the workplace, and offers practical solutions through the principles of Nonviolent Communication (NVC) and essential self-care practices. Drawing from the U.S. Surgeon General's 2023 report and findings from the American Medical Association, this session explores strategies for fostering authentic connections, enhancing resilience, and creating supportive work environments. Participants will learn to identify and articulate their personal and professional needs, apply empathy-focused communication techniques, and integrate evidence-based self-care practices into daily routines. Participants will engage in learning through discussions, case studies, and hands-on activities to ensure the practical application of the concepts. By the end of the seminar, participants will leave with actionable plans to promote well-being, reduce burnout, and cultivate a culture of empathy and support within their organizations. This session provides a solution to the challenges of modern professional life, offering the tools to enhance employee engagement and foster a more inclusive and resilient workplace.

– Intensive Training Seminar – Two-Day Preconference Event Register by February 17 and Save!

Through February 17, 2025

Member*: \$595

Nonmember: \$695

Student Member: \$350

After February 17, 2025

Member*: \$745

Nonmember: \$845

Student Member: \$350

*Members of The Wellness Alliance, WELCOA, National Wellness Institute, and the International Foundation of Employee Benefit Plans.

Learn More About Conference Program and Features at

www.HealthPromotionConference.org

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Outline of Major Topic Headings:

Day One

1. Introduction to Loneliness and Burnout (Lecture)
2. Theoretical Framework of NVC (Discussion)
3. Identifying and Addressing Unmet Needs (Exercises)
4. Interactive Exercise: The “Four Chairs” (Role-Playing Activity)

Day Two

5. Strategies for Self-Care and Resilience (Discussion)
6. Case Studies and Practical Applications (Lecture and Discussion)
7. Application of Personalized Strategies for Work Environments (Interactive Activity)
8. Conclusion and Q&A (Discussion)

LEARNING OBJECTIVES

- Discuss trends and recommendations from the U.S. Surgeon General.
- Identify and articulate personal and professional needs through NVC.
- Apply empathy-focused communication strategies to improve interactions.
- Formulate resilience and self-care action plans to enhance well-being.

KAREN LANE, LCSW

Clinical Social Worker, Life Ideals



Karen Lane, LCSW, MSW, has been a licensed clinical social worker in Maine since July 2006. She holds a master’s degree in social work from the University of New England in Portland, Maine, which she completed in May 2003. As the founder and owner of Life Ideals, LLC, Karen offers individual and group psychotherapy to adolescents, adults, groups, and families. She has developed a self-care curriculum that has proven effective in supporting and sustaining healthy lifestyle changes for her clients. Karen’s therapeutic approach combines various evidence-based techniques, including cognitive behavioral therapy, mindfulness, acceptance and commitment therapy, and motivational interviewing. She has pursued certifications as a yoga teacher and a holistic health coach as well as intensive training in nonviolent communication, allowing her to integrate these modalities into her practice. Karen is an active member of the American College of Lifestyle Medicine, where she served as the Social Connection Subcommittee Chair for the Mental and Behavioral Health Member Interest Group. Her involvement in this member interest group allows her to collaborate with and learn from other professionals dedicated to the field through their significant contributions to the advancement of lifestyle medicine.

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